



# *Self-Reliance* “Internal Dialogue”

Presented By:



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# *INTERNAL DIALOGUE*

*What is it?*

*What is the Impact?*

Internal Dialogue is ‘hearing’ yourself talk in  
your head.

Your “Inner Voice”

## Why would I do that?

The most common form of internal monologue is verbal, when you essentially “talk” to yourself. For example, you may talk to yourself about issues that are on your mind, or perhaps make internal lists of things you’d like to accomplish.

Inner speech can help support working memory. Another example is replaying instructions in your mind.

Internal monologue may also come in the form of a conversation with yourself when you’re trying to solve a problem.

Internal voices can also come in the form of having songs stuck in your head.

## So What?

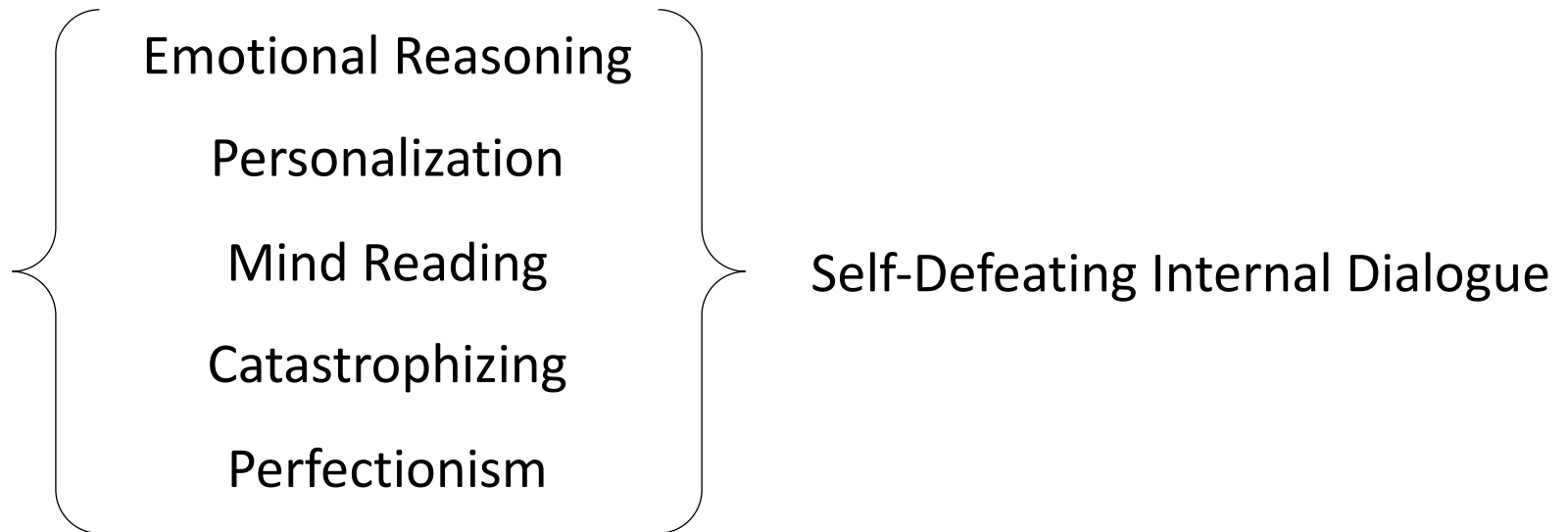
### What is the Problem?

Internal monologue means more than just pondering over your own thoughts. It consists of inner speech, where you can “hear” your own voice play out phrases and conversations in your mind.

While considered a “normal” process, some forms of inner speech could be cause for concern. This is especially the case if your self-talk is regularly critical.

## *Distorted Thinking*

Cognitive distortions are biased perspectives we take on ourselves and the world around us. They are irrational thoughts and beliefs that we unknowingly reinforce over time.



## *SELF-DEFEATING INTERNAL DIALOGUE*

### *Mind Reading*

Mind reading is concluding, without evidence, that someone is responding negatively to you.

### *Emotional Reasoning*

Emotional reasoning is believing that your negative feelings are an accurate reflection of reality.

## *SELF-DEFEATING INTERNAL DIALOGUE*

### *Personalization*

When your thinking is distorted by personalization, you see yourself as the cause of some negative external event that, in fact, you were not primarily responsible for.

### *Catastrophizing*

When you catastrophize, you anticipate the worst possible scenario for a given situation.



## *SELF-DEFEATING INTERNAL DIALOGUE*

### *Perfectionism*

Perfectionism is believing that unless you perform perfectly, you are a failure.

### *Emotional Reasoning*

Emotional reasoning is believing that your negative feelings are an accurate reflection of reality.

NOW WHAT?

Please Read:

Cognitive Distortions: When Your Brain Lies to You